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In the claims:

Claim 1 (currently amended) A nutraceutical or pharmaceutical compositions rich in unsaturated fatty acids, ~~wherein it contains~~ comprising α -linolenic acid or a salt or ester thereof, at a concentration ranging from ~~70~~ 53 to ~~90~~ 67 % of the global weight of the composition, eicosapentaenoic acid or a salt thereof at a concentration ranging from 5 to 8% of the global weight of the composition, and docosahexanoic acid or a salt thereof at a concentration ranging from 17 to 20% of the global weight of the composition, ~~admixed with fatty acids having five and/or six double bonds~~, in the form of capsules, granules, powder on a powdery carrier or of drinkable emulsions.

Claim 2 (cancelled).

Cancel **Claim 3** to 14.

Claims 15 and **16** (cancelled).

Cancel **Claims 17** to **19**.

Add the following claims:

Claim 20 (new) The nutraceutical or pharmaceutical composition of Claim 1,

wherein eicosapentaenoic acid is derived from a fish oil selected from the group consisting of halibut oil, cod liver oil, haddock oil, tuna oil, sardine oil and shark oil.

Claim 21 (new) The nutraceutical or pharmaceutical composition of claim 1, wherein docosahexaenoic acid is derived from a fish oil selected from the group consisting of tuna oil and sardine oil.

Claim 22 (new) The nutraceutical or pharmaceutical composition of claim 1, wherein α -linolenic acid is derived from a vegetal oil selected from the group consisting of kiwi seed oil, linseed oil and cameline oil.

Claim 23 (new) The nutraceutical or pharmaceutical composition of claim 1, further comprising γ -linolenic acid at a concentration ranging from 7 to 8% of the global weight of the composition.

Claim 24 (new) The nutraceutical or pharmaceutical composition of claim 1, comprising from 800 to 1,000 mg of α -linolenic acid, from 80 to 120 mg of eicosapentaenoic acid and from 250 to 300 mg of docosahexaenoic acid, in the form of a unit dose of a global weight of 1,500 mg.

Claim 25 (new) The nutraceutical or pharmaceutical composition of claim 1, further comprising an antioxidant.

Claim 26 (new) The nutraceutical or pharmaceutical composition of claim 1, wherein α -linolenic acid is present as an adsorbate in a cellulose derivative or in a cyclodextrine.

Claim 27 (new) The nutraceutical or pharmaceutical composition of claim 1, comprising a neutral oil, stable towards rancidity, as vehicle or excipient, said oil being selected from the group consisting of almond oil, peanut oil, cotton seed oil and corn oil.